

# Prevent RESPIRATORY ILLNESS —it's in your hands!

FloridaHealth.gov



Wash your hands often with soap and water.  
If you don't have soap and water, use an  
alcohol-based hand sanitizer.



Clean and disinfect frequently  
touched surfaces.



Stay home when you're sick, and keep your  
children home when they're sick.

Cover your mouth and nose with a tissue  
when you cough or sneeze. If you don't have  
a tissue, cough or sneeze into your upper  
sleeve or elbow, not your hands.



Try not to  
touch your  
face with  
unwashed  
hands.



Don't touch or shake hands with  
people who are sick.

